

HIMALAYAS TREK 2021

Our challenge takes place in the home of some of the highest mountains in the world – it's pure Himalayan magic! The highlight of our challenge will be to summit Poon Hill at 3,210m – a majestic peak which offers trekkers an unobstructed view of the highest peaks in the Annapurna region. Our trek takes us through charming Nepalese villages where we will experience the culture of the mountain people of Nepal.



CHALLENGE HIGHLIGHTS

- Explore the Annapurna region of the Himalayas – simply breathtaking!
- Summit a Himalayan Peak – Poon Hill, 3,210m.
- Fantastic opportunity to experience Nepal without gaining significant altitude.
- Trek alongside Sherpas as your guides and experience the warming culture, first hand.

CHALLENGE OVERVIEW

- **Date:** 17th - 26th September 2021
- **Duration:** 10 days
- **Trekking days:** 6
- **Distance trekked:** 49km approx.
- **Accommodation:** Hotels and tea houses
- **Challenge grading:** Challenging (1/3)

ITINERARY

Day 1

We depart the UK for our flight to Kathmandu.

Day 2 Kathmandu

We arrive in Kathmandu and are transferred to our hotel. A pre-trek briefing will be given to discuss the program and co-ordinate any last-minute arrangements and each trekker will be supplied with a trek pack and trek departure information. The evening is free but usually the group leader will organise an evening meal at one of Kathmandu's fine Nepali restaurants.

Day 3 Fly to Pokhara, and trek to Syauli (1,200m)

We leave the hotel fairly early in the morning to catch our internal flight to Pokhara, with a flight time of about 25 minutes and spectacular views of the main Himalayan chain to the North. After arriving in Pokhara we transfer to the starting point of the trek at Nayapool, which we should reach early afternoon. Our first day's trek follows the sub-tropical Modi Khola river valley to Birethanti - a large village on the old Nepal-Tibet trading route. After formalities at the check post, we continue on through terraced rice paddies to Chomrong and then to the very pretty village of Syauli, our overnight stop.

Day 3 cont.

Here we enjoy superb views of the great peaks of Annapurna South and Machhapuchhre.

Trekking distance - approx. 6km/3-4 hours

Day 4 Syauli to Ghandruk (1,950m)

Today's trek starts with a steady ascent up a stone staircase high above the river valley. A short but steep section leads us to Kimche (1,630m) where we can take a well-deserved rest. We then continue on to Chane following a wide, well-defined path of stone flags that contour around fields of wheat and millet. We soon reach the largest village of the region, Ghandruk. This Gurung village is well known for the number of its men-folk who have served in the British Gurkha regiments. Our lodge is located in the heart of the village where we enjoy fine mountain views.

Trekking distance - approx. 7km/5-6 hours



ITINERARY

Day 5 Ghandruk to Tadapani (2,700m)

Another day ascending – by now, we will have found our trekking legs! Leaving the terraced hillsides and the village of Ghandruk behind, we enter oak and beautiful rhododendron forests. This is a particularly pretty part of the walk as the forest is alive with the sound of birds, small tumbling waterfalls and, in spring, the rhododendrons are in full bloom. There are no villages on today's route but there are a few teahouses at Baisi Kharkha providing welcome drinks and a place to rest. Our lodge at Tadapani is the perfect setting for sunset and sunrise views of the surrounding Annapurnas.

Trekking distance - approx. 7km/4-5 hours

Day 6 Tadapani to Ghorepani (2,780m)

We rise early to view the sunrise and after breakfast we initially descend to a small stream and then begin a series of ascents and descents through spectacular rhododendron forest. After lunch, we cross a series of small streams ascending through forest to reach the open ridges at Deurali (2,987m). We continue on to Ghorepani (2,780m) where we rest for the evening. Ghorepani was an important stopover on the old trading route and today is a busy tourist centre.

Trekking distance - approx. 8km/5-6 hours

Day 7 Summit Poon Hill (3,210m), then trek to Tirkedunga (1,550m)

Today will see the highlight of our challenge! We rise early to summit Poon Hill, one of Nepal's best view points. We arrive by torchlight just before sunrise, in time to enjoy fabulous mountain views that dominate the western skyline. To the north lie the trans-Himalayan ranges, which form the border between Nepal and Tibet. To the south, the rolling middle hills slowly disappear into the great plains of India.

We drop back down to Ghorepani and then begin the day's walk to the village of Ulleri, where we have lunch. In the afternoon there is a steep descent to the Bhurungdi Khola River where we cross a small suspension bridge to reach the village of Tirkedunga.

Trekking distance - approx. 14km/5-6 hours

Day 8 Tirkedunga to Nayapool, then transfer to Pokhara (850m)

Our last day's trekking sees us wake early again to make the most of the day. From the lodge at Tirkedunga, we follow the Bhurungdi River down to the village of Birethanti, located on the banks of the Modi Khola. Here we have an early lunch and then follow the river to Nayapool. After saying farewell to our porters, we travel by coach back to Pokhara.



ITINERARY

Day 8 cont.

We will stay at a location close to the lakeside. After a welcome shower, the rest of the day is free to wander around the area, take a boat out on the lake for an hour or so, or enjoy some of the many shopping opportunities.

Trekking distance - approx. 7km/3-4 hours and transfer time 1½ hrs approx.

Day 9 Fly to Kathmandu

Transfer to the airport for the return flight to Kathmandu. In the afternoon we are free to take a sightseeing tour in the Kathmandu valley or explore the downtown bazaars. This evening we celebrate our fundraising achievements with a meal in Kathmandu!

Day 10

We depart Kathmandu for our flight to the UK, arriving the same day.

Please note this is a complex itinerary and subject to change including the timings and distances detailed. Mountain weather conditions, the group's ability and any other factors outside our control can impact on the schedule set out in this itinerary.



COSTS, SERVICE LEVELS AND DEPOSITS

Costs are based on departing the UK in 2021. Each participant registers directly with Global Adventure Challenges at a cost of £299.00, non-refundable.

Included

- Return flights from Scotland Airport to Kathmandu including all airport taxes and fuel surcharges
- All transfers
- All accommodation, tea houses and hotel
- All meals whilst trekking and breakfasts in Kathmandu
- Permits and national park fees
- Professional English Speaking local guides for trek
- Kit bag per trekker including down sleeping bag, down jacket and fleece sleeping bag liner
- Global Adventure Challenges Leader from the UK. 2 for groups of 35 pax plus
- Local doctor for trek

Not included

- Personal travel insurance
- Visa for Nepal (if applicable)
- Alcoholic drinks
- Tips and gratuities
- Lunches and dinners in Kathmandu including celebratory dinner

Payment options

Option A

You pay the non-refundable Registration Fee of £299 to Global Adventure Challenges.

In addition, you commit to raising the minimum sponsorship of £3975.00, which includes the cost of the trip. This must be received no later than 8 weeks before departure – 23rd July 2021.

Anything raised over and above the minimum sponsorship will go entirely to MND Scotland.

Option B

You pay the non-refundable Registration fee of £299 to Global Adventure Challenges.

10 weeks before the challenge you will receive a reminder to pay the challenge balance of £2218.00. This is in addition to the Registration Fee and is to be paid no later than 8 weeks before departure – 23rd July 2021.

Although there is no minimum sponsorship we do ask you to raise as much as possible for MND Scotland.

Deposits

Approximately 9 – 11 months before departure we will require the client to financially secure a number of seats for the group. The cost of the deposit per seat is approximately £50 - £150 (dependant on airline). Please note, the deposits are non-refundable. The deposits will be deducted from the final challenge invoice payable no later than 8 weeks prior to departure.

Himalaya Extension(s)

There are two extension packages available at the end of the trek.

For more details, please contact Louise.earley@mndscotland.org.uk